

Highlight on Health

An Emmons County Public Health Publication

Important Dates

April 1 - April Fool's Day

April 3-9 - National Public Health Week

April 11-16 - Oral, Head and Neck Cancer Awareness Week

April 15 - Good Friday (Office Closed)

April 18-24 - Pediatric Sepsis Week

April 22 - Earth Day

April 24-30 - World Immunization Week

April 24-30 - National Pediatric Transplant Week

April 24-30 - National Infertility Awareness Week

April 25-29 - Every Kid Healthy Week

April 25-29 - Patient Experience Week

April 25 - May 2 - National Infant Immunization Week

April 29 - Arbor Day

Public Health is Where You Are



Public Health Week Celebrates "Public Health Is Where You Are"

Public Health has become a prominent part of our country's pandemic response, but local public health units do more to build healthier communities.

Each year we celebrate National Public Health Week during the first full week of April. This year's theme, "Public Health Is Where You Are" celebrates what we know is true: The places where we are, physically, mentally and societally, affect our health and our lives. National Public Health Week runs from April 4-10.

Daily themes that week help focus on ways to make our world a more equitable, healthy and just place:

April 4: [Racism: A Public Health Crisis](#) – Racism harms us all. While people of color experience more direct negative consequences on their health and wellness due to racism, the inequity driven by racism affects society as a whole.

April 5: [Public Health Workforce: Essential to our Future](#) – The strain

of the COVID-19 pandemic and its politicization has weakened public health nationally, which was already facing a worker deficit. Public health programs need the support and involvement of the communities they serve.

April 6: [Community: Collaboration and Resilience](#) – Community encompasses every aspect of our lives – it's where we live, work, learn and play. People with greater feelings of support and inclusion within their networks may live longer, respond better to stress and have stronger immune systems than those who are isolated from their communities.

April 7: [World Health Day: Health is a Human Right](#) – Studies show

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Public Health
Prevent. Promote. Protect.

Emmons County Public Health
118 E Spruce Ave, Linton ND 58552
P: 701.254.4027
www.emmonsnd.com/public-health.html
facebook.com/ECPH.gov

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poverty and poor health outcomes are closely linked. Social determinants of health impact the health of every community.

April 8: [Accessibility: Closing the Health Equity Gap](#) – About 26 percent of the U.S. adult population (61.4 million) lives with a disability. Disability is especially common in tribal communities, where 2 in 5 non-Hispanic American Indians/Alaska Natives live with a disability. Because of cost, over 37 percent of adults with disabilities have been unable to access primary and regular preventative care.

April 9: [Climate Change: Taking Action for Equity](#) – Climate change creates a series of impacts on human health. As global temperatures rise, heatwaves become more frequent and increase the risk of heat stroke and make cardiovascular illnesses worse. Warmer temperatures may increase the territory of disease-carrying insects and increased greenhouse gas emissions make air quality worse.

April 10: [Mental Wellness: Redefining the Meaning of Health](#) – Each year, 1 in 5 Americans will experience mental illness. Fifty percent of mental illness starts by the age of 14 and 75 percent begins by the age of 24. If you, or someone you know is in need of mental health services, contact the Substance Abuse and Mental Health Services Administration's national helpline at 1-800-622-HELP.

Throughout National Public Health Week, we will share posts on Facebook. Find/follow us at <https://www.facebook.com/ECPH.gov>.

Source: www.nphw.org.



Get Your Vaccinations on Track During World Immunization Week

As the COVID-19 pandemic response has progressed, many people have lapsed on routine healthcare steps. This includes many of the traditional vaccines that have helped to keep our county's adult and children safe.

Vaccination planning can be overwhelming. Routine vaccinations such as Polio, MMR, DTaP and others may require multiple doses at specific intervals. Fortunately, the Centers for Disease Control and Prevention has created recommendations for adult immunizations, pregnancy and immunizations, vaccines for your

children and travel vaccines.

With World Immunization Week at the end of April, this is an ideal time to catch up on vaccinations that may have lapsed. Emmons County Public Health provides a variety of vaccination resources and can help you, and your family, get back on track. Call us at (701) 254-4027 for more info or to schedule an appointment.

While the positive COVID-19 cases caused by the Omicron variant have slowed, a COVID vaccination can help ensure your health as new variants appear, now and as new variants appear.

North Dakota ranks #3 in the U.S. for Adult Binge Drinking Prevalence

Health Risks of Binge Drinking Include:

- | | |
|---------------------|-----------------------------------|
| High Blood Pressure | • Injuries |
| Heart Disease | • Violence |
| Liver Disease | • Poisonings |
| Cancer | • Unintended Pregnancy Outcomes |
| Stroke | • Sexually Transmitted Infections |

Source: <https://www.cdc.gov/alcohol>

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